

Get Motivated

11 Great Ways To Get Motivated

You know you've got to get moving. You resolve to park the car a few blocks from work, take the stairs and hit the gym after work. But a few weeks pass and before you know it parking spots start opening up right in front of the building, the elevator is already in the lobby, and you've worked late every night that week. It's not that you don't know how to get fit; you just can't seem to stay motivated. We all know people who are religious with their workouts. So, what's their secret?

Below are some methods that keep the experts and regular Joes alike moving; maybe one will work for you.

Put Your Success In Writing

Make a mark on your calendar every time you make it to the gym or park. Seeing your motivation, (or lack thereof) in black and white helps keep you going.

Join For Support

Joining a fitness club or sports team provides a support system, which helps to hold you accountable.

Love Thy Neighbor

Recruiting an exercise partner may be one of the most popular ways to stay motivated. You can't leave a neighbor standing on the corner checking her watch. He or she knows where you live. Plan a regular workout appointment with a friend or neighbor and you're bound to stay on track.

Challenge Yourself

Working towards an event, like a 5K walk or run can also keep you on track. Every time you exercise you'll be closer to meeting your goal. When you mail in the entry fee for an event, your exercise routine takes on a whole new meaning and the feeling of accomplishment you'll get from completing the challenge will be incredible.

Move to the Music

You know that surge of energy that you get when you hear your favorite tune that makes you want to turn it up? Well, do exactly that with your body...use your favorite music to help push you to work harder or longer when you're feeling like cutting your workout short. It's also a good excuse to buy that new CD you've been wanting!

Don't Count the Miles

Of course part of the reason we workout is to burn calories in order to manage weight, but that is not all that is happening during and following your workout. You will also experience a newfound self esteem and stress reduction through exercising. If you're always focusing on burning off your morning doughnut, of course exercise seems like a chore. Try exercising for the sake of your inner health and beauty, and not just for your outward appearance.

Find the Fun

Sometimes "no pain, no gain" is just not what we're in the mood for, but that doesn't mean that we shouldn't move at all. Keep the mind, body and soul connected and have some fun with your physical activity. Be sure to participate in those activities you enjoy most, like biking or walking outdoors. The more enjoyable it is, the more likely you'll stick with it.

Make It a Family Affair

We are busy people, and the last thing we want to do is spend the little free time we have exercising instead of enjoying our family, so do them at the same time. Those you love most are often your strongest support group, especially your children. When you are going for a walk, run, or bike ride entice one of your family members to come with you. Not only will you be exercising, but you'll also be spending quality time together.

Yes, I Said Shopping

Who isn't motivated when there's a new outfit at stake? Buy yourself a new fitness outfit or a new pair of gym shoes to help get you fired up to workout.

Do It for Dollars

Money is the ultimate motivator! Try putting a dollar in a jar every time you do thirty minutes of physical activity. At the end of a month, treat yourself to a massage or to your favorite restaurant.

It's About Time

It's important to know what time of day is best for scheduling your exercise routine. If you're tired after a long day at work, then the best time for you to exercise might be in the morning or at lunch. Also, if you find yourself not in the mood to exercise, don't feel guilty about postponing your workout until you've had some time to relax, however, remember exercise has been known to improve a bad mood. Work out your aggressions in the gym instead of on people at home or at work.